

THE MONROE INSTITUTE'S GOING HOME® LEARNING SERIES

Bridging the Gap

Throughout human history, there has been a common yearning and nostalgia for something deep in ourselves--our true identity, our origin. Many of us interpret this as a desire to revisit the site of our physical birthplace and childhood. Of those who do, most come away vaguely unsatisfied and unfulfilled. They expect more from such visits but cannot define what they mean by "more."

Then there are among us ordinary people, those who sometimes pause for a moment to reflect upon what it all means, but only just for a moment. A growing number of us finally become astute enough to realize one way or another, that each of us will eventually be "Going Home®," to our original point of origin--not HERE but THERE when we die. We seem to understand this without keen knowledge of what "THERE" really is.

The Monroe Institute develops audio-guidance programs based upon a determination to provide a learning process for every human need. Of interest here is a special kind of help for those with life-threatening illness or injuries and for their family and loved ones. It is appropriately labeled **Going Home®**.

The **Going Home®** program is a set of learning exercises on audio cassettes designed for use at a private residence, in hospitals, hospices, and nursing care facilities. **Going Home®** came into being with the participation and support of two long-time friends of Robert Monroe, Founder of The Monroe Institute. They are Elisabeth Kubler-Ross, M.D., long accepted world-wide as the leading authority on human death and dying, and Charles Tart, Ph.D., author, university professor, and internationally known for his research into altered states of human consciousness.

For clarity, **Going Home®** makes the following identifications: one who is in the last and irreversible stages of a terminal illness or injury is called the Subject. Those who are in close loving and loved contact with the Subject, family, friends, and caregivers are called the Support Group.

The primary purpose of the **Going Home®** system is to provide the Subject with an interesting prospect of valuable knowledge achieved through direct experience, rather than simply awaiting death as a dull and distasteful event.

Secondary purposes of the system relate to:

- a) Releasing the Subject from the fear of physical death. This is achieved by developing in the Subject the surety that one is more than the physical body, and one does survive physical death.
- b) Helping the Subject let go of emotions, guilt, and obligations that are no longer needed and bind one to the present physical life experience.
- c) Helping the Subject recognized and remember some of the possibilities subsequent to this present physical life experience.
- d) Providing the Subject an opportunity to depart this physical existence when one so desires.
- e) Providing the Support Group of the Subject with enough exposure to **Going Home®** learning exercises, so as to assure their understanding and encouragement for the Subject engaged in the process. Equally important, such action can reduce greatly the stress of each before and after the coming critical event.

These purposes are achieved by introduction to, and the experience of, specific states of altered consciousness through the application of a sound technology known as Hemi-Sync®. This audio-guidance technology is a product of over thirty years of research and development by The Monroe Institute. Many thousands of persons have successfully achieved and utilized the states of conscious awareness generated by these sound methods and techniques.

Going Home® guides the individual through the various physiological states similar to the typical stages of sleep--with a major exception: the mind remains alert and conscious while the body exhibits all the signs of deepening sleep. As the learning progresses, fewer and fewer physical body nerve signals enter the mind until a basic inference is reached: the human mind-consciousness does not require such physical signals in order to exist and be active. This is a critical understanding.

Secure in this knowledge, the learning system then provides the experience of guided visits and tours into states of consciousness just beyond time-space--those that are usually entered upon departure from physical existence and explored many times by TMI research teams. Participants with profound religious beliefs may easily identify states of being that are familiar, although no particular religious pattern is part of the process. In many, a feeling of remembering may arise during such tours which can alter significantly their mental and emotional set when they return to physical wakefulness. Included in such tours is a visit to the Park, an interim "way-station" for those just completing the physical death transition, a point of rest and recuperation if needed.

The result for one who participates in these guided visits and tours via **Going Home®** can be, at the least, a greater tolerance of any present life situation. At the most, the **Going Home®** Subject may learn to accept death calmly, even to the point where it becomes interesting and exciting.

The **Going Home®** system also helps care-givers, family, and friends understand better and accept the reality of the death process so as to provide badly needed support at critical moments. They are an equally important part of the program. Included are methods that can be employed to help them consistently adjust to and recover from the perceived loss of their loved one.

The People

From Elisabeth Kubler-Ross:

"Ten years ago I would not have believed that something like **Going Home®** was possible.

But here it is, and the pattern of the program is so simple that almost anyone can benefit from using it. You don't have to change your religious or other beliefs to participate.

I also like that the family and loved ones are included. So often they are not a part of the system that tries to give care to the person who is dying, and these others need help almost as much in other ways.

Very important, all of what we have learned and taught through the years can be a part of this program. All our books and papers can be provided to assist in the understanding of the process. All of the care givers in hospices, hospitals and nursing homes can use their knowledge of our work when this program is used in their facilities. Now, what we begin in our workshops and lectures can be continued wherever our friends are when they leave.

And most important, the **Going Home®** program is finally a way that we may be able to help our dying friends not only during their transition, but afterward as well. Several times, I myself have visited the Park, the way-station they call Focus 27 in the program. It is a beautiful place and filled with love and understanding. Maybe we will meet there some day."

Elisabeth Kubler-Ross, M.D.

For over 20 years, Dr. Ross has been recognized world-wide as a foremost authority in the field of death, dying and transition. She has made singular and ground-breaking contributions to the movement toward greater understanding of these life experiences both within the medical establishment and the community of the helping professions, as well as among the general public.

Her work in providing help and service to those in the final stages of physical life has been truly unique. Her first book, *On Death and Dying*, has become a master text on the subject and is required reading in most major medical and nursing schools as well as graduate schools in psychiatry and theology. Her sixteen additional books plus hundreds of lectures and workshops held both in the United States and abroad have benefited millions of people in these matters of intense human interest and concern.

From Charles Tart:

"The tremendous advances in medical treatment in our times has, unfortunately, a shadowy side to it: the way we treat the dying. Instead of recognizing our natural dignity and spirituality, we suppress them and believe all things are material, so death often becomes a medical 'failure', best ignored as much as possible. Sedate the patient, add distractions and don't think about it too much.

Yet impending death can be a resolution and culmination of life - a time to embark on a psychological and spiritual adventure, time to become acquainted with our deeper selves that lie beyond the distractions of everyday life. The possibilities are hinted at in many life experiences which normally get too little attention, which are dismissed by our too busy, work-a-day minds - the peak experiences, the fleeting mystical tastes of deeper understanding, the psychic flashes of knowing about things at a distance.

The **Going Home®** training series on audio cassettes is based upon modern scientific and technical discoveries for getting acquainted with and exploring the deeper aspects of your mind, what we call altered states of consciousness. While science can go only so far in thinking about what lies beyond death, we can die in a far more interesting and challenging way. Designed for the skeptical as well as the deeply religious, **Going Home®** invites you, the dying person, to open to and cooperate with a deeper part of you that is beyond ordinary life and death.

You don't need a medical pronouncement that you are close to death to benefit from the training series. We are all dying persons. It's just a matter of time."

Charles Tart, Ph.D.

Dr. Tart is a Professor of Psychology at the University of California at Davis and is internationally known for his research in altered states of consciousness, transpersonal psychology, and parapsychology. His books include two that have become classics: *Altered States of Consciousness* and *Transpersonal Psychology*, and eight others dealing with related areas of human consciousness. His latest books are *Open Mind*, *Reflections on Human Possibilities*. and *Living the Mindful Life*.

A researcher and lecturer, he also has been a student of many diverse meditative states and disciplines. His primary goals are to build bridges between the scientific and spiritual communities, and to help bring about a refinement and integration of Western and Eastern approaches to personal and social growth.

From Robert Monroe:

"**Going Home®** is most particularly the result of a recent **Life Span** project called **Lifeline**. This program was an attempt to solve a personal problem - the onset of cancer in my wife Nancy. I felt I needed 'death insurance', a guarantee that we could be together whatever took place.

When our research and exploration team discovered the Park, many visits were made to verify the experience. **Lifeline** then was developed and became a week-long seminar where individuals learned to go to Focus 27 (modern label for The Park) as visitors and helpers.

Who and what originally created the Park is unknown. An uncounted large number of humans suffering post-mortem bewilderment and fright are constantly arriving at the Park and its environs for rest and recuperation. When they are calm and rational again, each makes a choice as to the next life sojourn from the many options available.

After several years of successful **Lifeline** program experience, we realized something was missing. This missing element was brought forcefully into *this* 'loved one' with the death of Nancy. We did not deal with the emotional and other factors of the death transition itself at the Here-Now level. Not just for the Subject, but for the family and loved ones.

Going Home® was produced to fulfill this very common need for many who requested an answer. Perhaps it is indeed a service that can be utilized at any time or any place, *before* the fact."

Robert A Monroe

The origin of Mr. Monroe's interest took place in 1956, when he set up a small research and development program in his New York based company. The research was designed to determine the feasibility of learning during sleep. In 1958, a key result emerged - a little-known state of consciousness separate and apart from the physical body. The Research Team gave it the label, Out-of-Body Experience (OBE), which has become generic in our culture.

In the ensuing years, Mr. Monroe and his group began work on means and methods of inducing and controlling this and other forms of consciousness in their laboratory. As specialists in creating patterns of effective sound, they used this base for their research. Their efforts gradually produced significant results and attracted international interest among people from all walks of life. These included medical doctors, psychologists, physicists, psychiatrists, ministers and research engineers, to name a few.

The Monroe Institute was formed out of the original research group and began conducting learning seminars in self-control of human consciousness. These seminars were held at various locations both in the United States and abroad, although most are now conducted at the Institute Center in the foothills of Virginia's Blue Ridge. Over 6000 people have attended their **Gateway, Guidelines, Lifeline, and Exploration** 27 Programs.

Through the years, there have been many major articles published, based upon the Monroe Institute activities. Several related books are in publication, including Ronald Russell's *Using the Whole Brain* and Robert Monroe's trilogy published by Doubleday, *Journeys Out of the Body*, *Far Journeys*, and *Ultimate Journey*.

The Institute has also produced several hundred audio learning exercises on tape and CD that have benefited many thousands of individuals and groups in their control of consciousness.